



Top Tips for Tricky Times: Providing physical comfort and reassurance to care home residents during COVID-19



- 1) **How doll therapy can help:** Dolls can have positive effects, improve a resident's mood and calm them.



- 2) **Personal:** Each resident should have their own doll to keep in their room.



- 3) **Life-like:** Soft texture and open eyes.



- 4) **Ownership:** Do not take dolls away but be aware if a resident becomes tired from looking after a doll.



- 5) **Person-Centred:** Dolls may not be suitable or wanted by all residents. Dolls should be left out for residents to choose.



- 6) **Contamination:** To reduce cross-contamination and confusion, important staff know which doll belongs to which resident.



- 7) **Attachment:** Residents may like them one day but not the next.



- 8) **Concerns:** Staff and relatives may worry residents are being treated like children. Reassure them that dolls can be a source of comfort.